

# **FAT GRIPZ 177**

**12 Weeks to Extreme Arms**

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**The information in this book is for educational purposes only.** The information in this book is based on my own personal experiences and my own interpretation of available research. It is not medical advice and I am not a medical doctor.

**The information within this book is meant for healthy adult individuals.** You should consult with your physician to make sure it is appropriate for your individual circumstances. Keep in mind that exercise and nutritional needs vary from person to person, depending on age, sex, health status and total diet.

**If you have any health issues or concerns please consult with your physician.** Always consult your physician before beginning or making any changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

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**Also, before you begin, make sure that you have read the Instructions For All Users of Fat Gripz available at:**

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**Be safe! The illustrations don't show it, but make sure to use a competent spotter and/or properly set-up power rack for all exercises.**



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# Introduction

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Well... I've got good news and I've got bad news.....

First, the BAD NEWS: it turns out that your worst fears are true – your arms ARE too small ☺... and as long as they stay that way, you will always feel like you've never quite got the physique you feel you were meant to have.

The GOOD NEWS is that you have in front of you a training program which can change that. This program is almost certainly unlike anything you have seen before AND it can help you get results that you have never seen before too!

This program is.....well.....DIFFERENT...to say the least.



Do yourself a favor. Suspend everything you have been taught about training and especially about so-called “overtraining”. Most of it is complete B.S. designed to make muscle-building sound easy so that you buy the latest crappy training routine or product thinking that it's a magic pill.

The truth is that major muscle building requires you to tap into the warrior that lives inside you.

You will need to remember this as you get into this program. It's HARD.... but if you stick with it all the way thru, you will not only get in touch with that inner warrior, but you will have a set of awesome BIG arms to match!



I have seen this program work over and over for the people I've trained. It never fails to produce significant arm size gains and leaves people staring at their arms with a huge sense of pride.

Find that warrior in you now, commit to the program 100%..... and hit the gym!



# Nutrition

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This is not meant to be a complete guide to nutrition but rather just a refresher to ensure you have the basics covered. I've just listed some key points that you should be doing at a minimum:

- **Water** – our bodies are over 75% water and this includes our muscles. If you want your muscles to look full make sure you drink plenty of water (at least 2 litres/.5 gallon a day). Ideally you should invest in a water filter that will remove most chlorine and fluoride
- **Protein** – shoot for at least 1gram per pound of lean body weight. Whole food sources should make up the bulk
- **Carbs** – If you are trying to gain size you will need carbs. Try to make sure that they are "clean"; starchy carbs (for example rice, oatmeal, sweet potatoes). Start at 100grams per day and add from there. Watch your leanness. If you start adding fat (or are not lean enough to see your muscle definition), cut back on the carbs and calories
- **Creatine** – It has been around for years and YES it works. Add 5 grams of creatine to your post workout shake
- **Multi-vitamin** – No one eats perfectly. A good multi is like insurance. And remember more is NOT always better when it comes to vitamins
- **Pre-workout** – There is a lot of debate on this one. Personally I like to go with good old-fashioned coffee about 30 min before
- **During-workout** – Again, a few different schools of thought here; some say have carbs some say no. I have found plenty of filtered water and about 15grams of BCAA (branch chain amino acids) to be **very anabolic**



- **Post-workout** – carbs and protein after the workout will help your gains to come much faster. There are plenty of good post-workout shakes. Find a high quality one that you like
- **Sleep** – yes, I put this under nutrition. It's a well-known fact that you break down muscles in the gym and they re-grow bigger outside the gym, especially when you sleep! Shoot for 7-9 hours per night or your gains will suffer!



# How to use this program

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## Who is this program for?

Anyone who wants to add new size/strength to their arms, bust through a plateau, have ladies subconsciously touch your arms, have men fear and respect you (i.e. it's for YOU!).

## “But I read that you shouldn't do...”

Listen, one of the top bodybuilders in the world told me “the best routine is the one you haven't done”. It took me a lot of years to understand what he meant but I do now. To reach your goals you have got to be willing to try things other people will tell you is “too much” blah blah blah. All I can tell you is: there are a lot of ‘talkers’ out there and a lot of B.S.! I've heard top pros admit that their names have been penned to routines or articles that they didn't write (just to sell magazines!) And please DO NOT THINK YOU KNOW BETTER AND START CHANGING THE ROUTINES! Follow the programs and I GUARANTEE your arms will be bigger then when you started.

## What about the other body parts?

This routine is specifically designed to cause rapid new size and strength gains in your arms! If you try set new personal bests in you squat, deadlift, bench press, etc. at the same time you will NOT get the gains you could otherwise get from this program – trust me. Your body is like a machine, it is only capable of a finite amount of work; after that is will burn out. Also, the gains come easier when you





pick one or two body parts and focus on them – DON'T WORRY – THE OTHERS WILL NOT SHRINK - IN FACT THEY MAY ACTUALLY GROW AS WELL! Now, this does not mean you will stop training the other body parts it just means do not go for any personal bests during this routine – got it?! Read the next section for an example.

## Training split

The attached routines should be completed twice per week; the rest of the body can be trained over 2 more days for a total of four training days per week. If you have very good recoverability you can add a fifth day of light (and I stress \*light\*) cardio; say, maybe 20 minutes. Again, the focus of this routine is on your arms. In order to get the best possible results, do not beat up the rest of your body during this time. Your split could look like this (if you need to adjust based on your schedule just don't do more than two days in a row):

- Monday - Chest/back
- Tuesday – Arms (attached routine)
- Wednesday – Rest
- Thursday – Legs
- Friday – Arms (same as Tuesday)
- Sat/Sun - Rest



## Chest/Back/Legs/Shoulders/Forearms

Here is an example of what you could do for the other body parts:





- **Chest/Back:** (remember no personal bests!) 8 sets per body part x 10 reps (2 exercises, 4 sets each). For example, flat bench 4 sets x 10 reps, then incline press 4 sets x 10 reps.
- **Back:** 4 sets pull-ups x 10 reps, then 4 sets pull-downs x 10 reps.
- **Shoulders:** 4 sets of military presses x 10 reps and 4 sets of lateral raise x 10 reps.
- **Abs:** throw in 100 sit-ups at the end of each workout.
- **Legs:** keep this to a minimum. I suggest 4 sets of 10 reps of squats and 4 sets of 10 reps leg press once a week.
- **Forearms:** if you are using the FAT GRIPZ on all your exercises you will NOT need any extra forearm/grip work.

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# Phase 1

## Weeks 1-3 – “Wow Fat Gripz make my arms SO SORE!”





A-1	<p><b>Seated Incline DB Curl</b>  <b>8 Sets x 8 Reps, 45 secs rest</b>            Be sure to fully stretch out the arms at the bottom and do NOT swing the weight up.  <b>- use FAT GRIPZ with slit towards hands</b></p>	
A-2	<p><b>Parallel Bar Dips</b>  <b>8 Sets x 8 Reps, 45 secs rest</b>            Stop just short of lockout to keep constant tension on the triceps add weight if needed.  <b>- use FAT GRIPZ on dip bars</b></p>	
B-1	<p><b>Scott Barbell Curls/Preach Curls</b>  <b>6 Sets x 8 Reps, 45 secs rest</b>            Fully stretch out the arms at the bottom and keep your butt in the seat.  <b>- use FAT GRIPZ with slit towards hands</b></p>	
B-2	<p><b>Flat BB Triceps Extension/Skull Crushers</b>  <b>6 Sets x 8 Reps, 45 secs rest</b>            Use an EZ curl bar and elbows stay pointed to the ceiling.  <b>- use FAT GRIPZ with slit away from hands</b></p>	

- Always do 1-3 warm up sets before the actual workout
- Do A-1 → rest → A-2 → rest and back to A-1. Do this until you have done all the “A” sets before moving onto the “B” sets.
- Perform this routine twice a week with about 3 days between each, e.g. Tuesday and Friday.



## Phase 2

### Weeks 4-6 – “I swear my arms are already BIGGER!”





A-1	<p><b>Standing Barbell Curl</b>  <b>7 Sets x 12 Reps, 30 secs rest</b>            Be sure to fully stretch out the arm at the bottom and do NOT swing the weight up.  <b>- use FAT GRIPZ with slit towards hands</b></p>	
A-2	<p><b>Close Grip Press</b>  <b>7 Sets x 12 Reps, 30 secs rest</b>            Stop just short of lockout to keep constant tension on the triceps.  <b>- use FAT GRIPZ with slit away from hands</b></p>	
B-1	<p><b>Seated Alternate Dumbbell Curls</b>  <b>6 Sets x 12 Reps, 30 secs rest</b>            Fully stretch out the arms at the bottom and curl one arm up at a time and twist it slight outwards at the top  <b>- use FAT GRIPZ with slit towards hands</b></p>	
B-2	<p><b>Seated Overhead Triceps Extensions</b>  <b>6 Sets x 12 Reps, 30 secs rest</b>            Use an EZ curl bar  <b>- use FAT GRIPZ with slit towards hands</b></p>	

- Always do 1-3 warm up sets before the actual workout
- Do A-1 → rest → A-2 → rest and back to A-1. Do this until you have done all the “A” sets before moving onto the “B” sets.
- Perform this routine twice a week with about 3 days between each, e.g. Tuesday and Friday.



## Phase 3

**Weeks 7-9 – “The PUMP is INSANE! My arms feel huge!”**



<b>A-1</b>	<p><b>Incline Dumbbell Curls</b>  <b>8 Sets x 12 Reps, 20 secs rest</b>            Be sure to fully stretch out the arm at the bottom and do NOT swing the weight up.  <b>- use FAT GRIPZ with slit towards hands</b></p>	
<b>A-2</b>	<p><b>Triceps Press Downs</b>  <b>8 Sets x 12 Reps, 20 secs rest</b>            Stop just short of lockout to keep constant tension on the triceps and do not swing your body to move the weight.  <b>- use FAT GRIPZ with slit towards hands</b></p>	
<b>B-1</b>	<p><b>Concentration curls</b>  <b>8 Sets x 12 Reps, 30 secs rest</b>            Fully stretch out the arms at the bottom do not swing it up. Use 5 secs rest between arms.  <b>- use FAT GRIPZ with slit towards hands</b></p>	
<b>B-2</b>	<p><b>One DB overhead extension</b>  <b>8 Sets x 12 Reps 30 secs rest</b>            Interlock your fingers around the DB.</p>	

- Always do 1-3 warm up sets before the actual workout
- Do A-1 → rest → A-2 → rest and back to A-1. Do this until you have done all the “A” sets before moving onto the “B” sets.
- Perform this routine twice a week with about 3 days between each, e.g. Tuesday and Friday.



## Phase 4 – Almost time to re-measure your arms

### Weeks 10-12 – Time to separate the men from the boys ☺

A-1	<p><b>Close Grip Chin-ups</b></p> <p>AMRAP each set - rest as long as you need</p> <p>AMRAP stands for “as many reps as possible”.</p> <p>Use an under hand (supinated) grip and make sure your chin clear the bar.</p> <p>- use FAT GRIPZ with slit towards hands</p>	
A-2	<p><b>Parallel Bar Dips</b></p> <p>AMRAP each set - rest as long as you need</p> <p>AMRAP stands for “as many reps as possible”. Stop just short of lockout to keep constant tension on the triceps.</p> <p>- use FAT GRIPZ on dip bars</p>	

- Always do 1-3 warm up sets (starting light and gradually increasing the weight) before starting the actual workout.
- This workout will be VERY tough!
- Perform this workout twice per week with about 3 days between each, e.g. Tuesday and Friday
- Do A-1 → rest → A-2 → rest and back to A-1.
- Keep doing this until you have reached a total of 100 reps of chin-ups and dips and 100 reps of dips. No that is not a typo.
- For week 2 shoot for 150 reps of each (yes in one workout!)
- For week 3 shoot for 200 reps of each (no joke!)
- If you can finish this entire 12 weeks program (especially weeks 9-12) your arms will ABSOLUTELY BE BIGGER then when you started – GUARANTEED!
- At the end of the program email me your results to [info@fatgripz.com](mailto:info@fatgripz.com)
- **NOW GO BUY NEW T-SHIRTS!**



# Workout log – For phases 1-3 (re-print for each phase)

Order	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
A-1											
A-2											
B-1											
B-2											
A-1											
A-2											
B-1											
B-2											
A-1											
A-2											
B-1											
B-2											
A-1											
A-2											
B-1											
B-2											
A-1											
A-2											
B-1											
B-2											
A-1											
A-2											
B-1											
B-2											



## Workout log – Phase 4

**Week 10** – 100 total reps of each, it doesn't matter how many sets it takes to get there. For example, on the first set you may get 10-20 reps & by the time you get to the end you may be only doing 1-3 reps – keep going until you hit 100 total!

Order	Exercise
A-1	Chin-ups (running total) →
	100
A-2	Dips (running total) →
	100
A-1	Chin-ups (running total) →
	100
A-2	Dips (running total) →
	100

**Week 11** – 150 total reps!

Order	Exercise
A-1	Chin-ups (running total) →
	150
A-2	Dips (running total) →
	150
A-1	Chin-ups (running total) →
	150
A-2	Dips (running total) →
	150

**Week 12** – 200 total reps of each!

Order	Exercise
A-1	Chin-ups (running total) →
	200
A-2	Dips (running total) →
	200
A-1	Chin-ups (running total) →
	200
A-2	Dips (running total) →
	200





# **FAT GRIPZ BENCH**

**Build A Bigger Bench FAST!**

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# Introduction

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Is your goal to bench two plates, three plates or more?! What ever you're shooting for, I promise if you follow this routine you will absolutely be benching more then when you started!

You may be asking yourself how are Fat Gripz going to help with your benching....

Well, it works like this: Training with a thick grip for pressing movements will cause increased neural activation and increased muscle activation through the entire chain, starting with your hands.

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Now, this also means that when you first start to use Fat Gripz for benching you might not be able to handle the same weight as you normally do. **Don't freak out! This is perfectly normal.** Once your body begins to adapt to this new thick grip your bench numbers will go through the roof ☺

Now, at this point I want to make clear that this is a BENCH specialization routine, it will take you 12 weeks to complete....do **not** combine this with "The Fat Gripz 177 – Extreme Arms Routine" or any other specialization routine.

Unless you are taking steroids (which I do NOT recommend) or you are truly the one in a thousand that has super genetics, your body only has a finite ability to recover, so gains will come best when you focus on one area at a time.



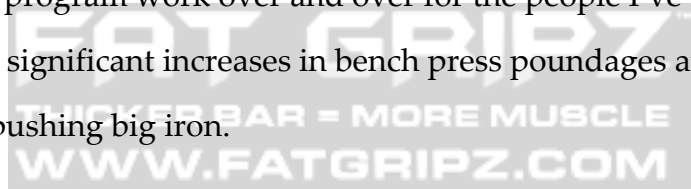
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And remember, this program is not a magic pill. You will have to work hard to achieve your goals.

The truth is that major muscle building requires you to tap into the warrior that lives inside you.

You will need to remember this as you get into this program. It's HARD.... but if you stick with it all the way thru, you will not only get in touch with that inner warrior, but your bench will definitely go up!

I have seen this program work over and over for the people I've trained. It never fails to produce significant increases in bench press poundages and the respect that goes with pushing big iron.



Find that warrior in you now, commit to the program 100%..... and hit the gym!



# Nutrition

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This is not meant to be a complete guide to nutrition but rather just a refresher to ensure you have the basics covered. I've just listed some key points that you should be doing at a minimum (I cover these in the Fat Gripz 177 routine as well):

- **Water** – our bodies are over 75% water and this includes our muscles. If you want your muscles to look full make sure you drink plenty of water (at least 2 litres/.5 gallon a day). Ideally you should invest in a water filter that will remove most chlorine and fluoride
- **Protein** – shoot for at least 1gram per pound of lean body weight. Whole food sources should make up the bulk
- **Carbs** – If you are trying to gain size you will need carbs. Try to make sure that they are "clean", starchy carbs (for example rice, oatmeal, sweet potatoes). Start at 100grams per day and add from there. Watch your leanness. If you start gaining bodyfat (or are not lean enough to see your muscle definition), cut back on the carbs and calories
- **Creatine** – It has been around for years and YES, it works. Take 5 grams per day
- **Multi-vitamin** – No one eats perfectly. A good multi is like insurance. And remember more is NOT always better when it comes to vitamins
- **Pre-workout** – There is a lot of debate on this one. Personally I like to go with good old-fashioned coffee about 30 min before



- **During-workout** – Again, a few different schools of thought here; some say have carbs some say no. I have found plenty of filtered water and about 15grams of BCAA (branch chain amino acids) to be **very anabolic**
- **Post-workout** – Carbs and protein after the workout will help your gains to come much faster. There are plenty of good post-workout shakes. Find a high quality one that you like
- **Sleep** – Yes, this is not strictly “nutrition” but it’s **a well-known fact that you break down muscles in the gym and they re-grow bigger outside the gym, especially when you sleep!** Shoot for 7 hours per night or your gains will suffer!



# How to use this program

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## Who is this program for?

Anyone who wants to add more weight to their bench press, bust through a plateau, add some size to your chest and triceps, get some respect from the guys at the gym (i.e. it's for YOU!).

## About the bench press...

The bench press is known as the king of upper body exercises for a reason.

Nothing builds bigger, thicker pectoral muscles faster than the bench press (and its variations) and nothing commands more respect in the gym than a big bench.



Pecs are the primary movers for bench 1

So it's time you learned a little about it.

Bench press is used to grow and strengthen the pectoralis major muscle as well as other supporting muscles including the front of the shoulder (anterior deltoids), serratus anterior, coracobrachialis, scapulae fixers, trapezii, and the triceps. The primary mover for the bench press are the pectoral muscles with the secondary movers being the triceps and a whole host of stabilizer muscles all come together to lift the bar

off your chest. These stabilizers are often neglected and when properly trained





can add a few pounds by themselves to your bench (don't worry I've included these in the routine). The bench press (BP) can be performed at a number of different angles all targeting different parts of the chest with flat, incline and decline being the major ones.



Triceps are the secondary movers for bench

Flat bench is believed to create the largest amount of muscle stimulus in the chest hence the reason it is known as the king of upper body exercises. Incline press will place a greater emphasis on the upper pectorals (clavicular head) and the front (anterior head) of the shoulder. Decline press will target the lower part of the chest. In addition to the angle, where you grip the bar will make a big difference on the training effect. There are three

primary grip widths: close, bi-acromial and wide. Close grip is when your hands are closer than your shoulders in the locked out position and will work more triceps than chest. Bi-acromial grip when your hands are exactly inline with your shoulders at the locked out position and works a balance of chest and triceps. Bi-acromial grip is very useful when developing functional/real world strength for sports, as this is the most common hand position when you are blocking in sports. Wide grip is when your hands are wider than your shoulders in the locked out position and will work more chest. So depending on your goals different hand positions can make a big difference in what the bench press will do for you.

**Remember, what you've been doing up until now has gotten you the exact results you have. So if you want to reach a new level you are gonna have to learn something new.**

## What about the other body parts?

This routine is specifically designed to cause rapid increase in bench press poundage's and chest and triceps size. If you try set new personal bests in you squat, deadlift, bench press, etc. at the same time you **will NOT get the gains you could otherwise get from this program – trust me.** Your body is like a machine, it is only capable of a finite amount of work; after that is will burn out. **Also, the gains come easier when you pick one or two body parts and focus on them – DON'T WORRY – THE OTHERS WILL NOT SHRINK - IN FACT THEY MAY ACTUALLY GROW AS WELL!** Now, this does not mean you will stop training the other body parts it just means do not go for any personal bests during this routine – got it?! Read the next section for an example.

## Training split

The attached routines should be completed twice per week; the rest of the body can be trained over 2 more days for a total of four training days per week. If you have very good recoverability you can add a fifth day of light (and I stress \*light\*) cardio; say, maybe 20 minutes. Again, the focus of this routine is on your arms. In order to get the best possible results, do not beat up the rest of your body during this time. Your split could look like this (if you need to adjust based on your schedule just don't do more then two days in a row):

- Monday - Chest/triceps (attached routine)



- Tuesday – Back/biceps
- Wednesday – Rest
- Thursday – Chest/triceps (attached routine)
- Friday – Legs
- Sat/Sun - Rest

## Arms/Back/Legs/Shoulders/Forearms





Here is an example of what you could do for the other body parts:

- **Arms:** (remember no personal bests!) 8 sets per body part x 10 reps (2 exercises, 4 sets each). For example, incline curls 4 sets x 10 reps, then incline press 4 sets x 10 reps. For triceps, cable press-downs 4 sets x 10 reps, then skull-crushers with an EZ curl bar 4 sets x 10 reps.
- **Back:** 4 sets pull-ups x 10 reps, then 4 sets pull-downs x 10 reps.
- **Shoulders:** 4 sets of military presses x 10 reps and 4 sets of lateral raise x 10 reps.
- **Abs:** throw in 100 sit-ups at the end of each workout.
- **Legs:** keep this to a minimum. I suggest 4 sets of 10 reps of squats and 4 sets of 10 reps leg press once a week.
- **Forearms:** if you are using the FAT GRIPZ on all your exercises you will NOT need any extra forearm/grip work.



# Phase 1- Before starting test your 1 rep maximum bench




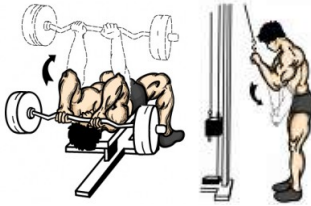
## Weeks 1-3 – “Why can’t I bench the same weight?!?”

<b>A-1</b>	<p><b>Flat Barbell Bench Press – Wide Grip</b>  <b>6 Sets x 12 Reps, 60 secs rest.</b>  Do not bounce the bar off your chest and keep you bum on the bench.  - use FAT GRIPZ with slit away from hands</p>	
<b>B-1</b>	<p><b>45° Incline Dumbbells Press</b>  <b>6 Sets x 12 Reps, 60 secs rest</b>  Do not bounce the DB’s off your shoulders  - use FAT GRIPZ with slit away from hands</p>	
<b>C-1</b>	<p><b>Flat Dumbbell Flyes</b>  <b>6 Sets x 12 Reps, 45 secs rest</b>  Go for maximum stretch.  - use FAT GRIPZ with slit away from hands</p>	
	<p><b>Triceps Cable Press-downs</b>  <b>4 Sets x 10 Reps, 45 secs rest</b>  <b>Skull-crushers with an EZ curl bar</b>  <b>4 sets x 10 reps, 45 secs rest</b>  - use FAT GRIPZ with slit away from hands</p>	

- Always do 1-3 warm up sets before the actual workout
- Do all the “A” sets, then all the “B” sets, then the “C” and then the triceps exercises.
- Perform this routine twice a week with about 3 days between each, e.g. Monday and Friday.

## Phase 2

### Weeks 4-6 – “Feeling Stronger Already!”





<b>A-1</b>	<p><b>Flat Dumbbell Press</b>  <b>6 Sets x 10 Reps, 60 secs rest</b>                      Do not bounce the DB's off your shoulders.                      - use FAT GRIPZ with slit away from hands</p>	
<b>B-1</b>	<p><b>Incline Barbell Bench Press</b>  <b>6 Sets x 10 Reps, 60 secs rest</b>                      Keep your bum in the bench and touch the upper chest.                      - use FAT GRIPZ with slit away from hands</p>	
<b>C-1</b>	<p><b>Seated Alternate Dumbbell Curls</b>  <b>6 Sets x 12 Reps, 30 secs rest</b>                      Go for maximum stretch.                      - use FAT GRIPZ with slit away from hands</p>	
	<p><b>Skull-crushers with an EZ curl bar</b>  <b>4 sets x 10 reps, 45 secs rest</b>  <b>Triceps Cable Press-downs</b>  <b>4 Sets x 10 Reps, 45 secs rest</b>                      - use FAT GRIPZ with slit away from hands</p>	

- Always do 1-3 warm up sets before the actual workout
- Do all the “A” sets, then all the “B” sets, then the “C” and then the triceps exercises.
- Perform this routine twice a week with about 3 days between each, e.g. Monday and Friday.



# Phase 3

## Weeks 7-9 – “Time To Up The Weight!”

A-1	<p><b>Flat Barbell Press</b>  <b>5 Sets x 5 Reps, 90 secs rest</b>                      Be sure to fully stretch out the arm at the bottom and do NOT swing the weight up.                      - use FAT GRIPZ with slit away from hands</p>	
B-2	<p><b>Decline Dumbbell Press</b>  <b>5 Sets x 5 Reps, 90 secs rest</b>                      Do not bounce the DB's off your shoulders.                      - use FAT GRIPZ with slit away from hands</p>	
C-1	<p><b>Incline Dumbbell Flyes</b>  <b>6 Sets x 12 Reps, 60 secs rest</b>                      Go for maximum stretch.                      - use FAT GRIPZ with slit towards hands</p>	
	<p><b>Dips</b>  <b>4 sets x 10 reps, 45 secs rest</b>  <b>Triceps Cable Press-downs</b>  <b>4 Sets x 10 Reps, 45 secs rest</b>                      - use FAT GRIPZ with slit away from hands</p>	



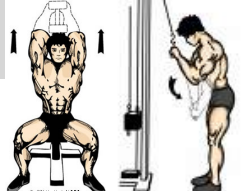
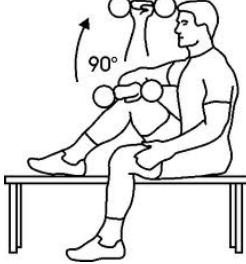
- Always do 1-3 warm up sets before the actual workout
- Do A-1 → rest → A-2 → rest and back to A-1. Do this until you have done all the “A” sets before moving onto the “B” sets.
- Perform this routine twice a week with about 3 days between each, e.g. Monday and Friday.





## Phase 4 – At the end of this phase re-test your max bench.

### Weeks 10-12 – “Cluster What?...Cluster Training”

A-1	<p><b>Flat Barbell Press – Cluster</b>                      5 sets x 5 reps with 10 secs rest between reps  <u>See below for how to do a cluster.</u>                      120 secs rest                      - use FAT GRIPZ with slit away from hands</p>	
B-1	<p><b>Incline Barbell Press – Cluster</b>                      5 sets x 5 reps with 10 secs rest between reps  <u>See below for how to do a cluster.</u>                      120 secs rest                      - use FAT GRIPZ with slit away from hands</p>	
	<p><b>Seated DB Triceps Overhead Extension</b>                      4 sets x 10 reps, 60 secs rest  <b>Triceps Cable Press-downs</b>                      4 Sets x 10 Reps, 60 secs rest</p>	
	<p><b>Seated Dumbbell External Rotation</b>                      4 sets x 12 reps                      Sit with your elbow on your knee and rotate the dumbbell as pictured. This is a very small muscle and you should feel the back of your shoulder working.                      60 secs rest</p>	

- Always do 1-3 warm up sets (starting light and gradually increasing the weight) before starting the actual workout.
- Choose a weight that you can do for 3 good reps. Once you've chosen the weight a cluster is performed like this: 1 rep and rack the bar → rest 10 secs → do another 1 rep and rack the bar → rest 10 seconds → do another and so on, repeat this until all 5 reps have been done.



- Perform this workout ONCE per week with the other chest/tri day being an extra rest day
- At the end of this routine take 3 days off and rest then warm up and re-test your 1 rep maximum bench press (with out Fat Gripz) and tell me about it at [info@fatgripz.com](mailto:info@fatgripz.com)





# Workout log – For phases 1-3 (re-print for each phase)

Order	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
A-1											
A-2											
B-1											
B-2											
A-1											
A-2											
B-1											
B-2											
A-1											
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A-2											
B-1											
B-2											
A-1											
A-2											
B-1											
B-2											



# Max Testing Protocol (120 secs rest after each set)

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